



# King County Live Well Challenge

## Goal Setting Worksheet

### *Nutrition Version*

You can earn 100 possible points for achieving your personal goal. At week 4, if you reach your goal you will earn an additional 50 points. If you don't, you have a second chance to reach your goal in weeks 5-8. At week 8 if you reach your goal, you will earn an additional 50 points.

These goal points can make or break your Challenge point total. You'll want to set realistic goals, but be sure to challenge yourself.

You earn 1 point for every day you meet the 2005 Dietary Guidelines for Americans' recommendations for fruit **and** vegetable consumption.

#### **What are the recommendations?**

- **2 cups of fruit**
- **2½ cups of vegetables**

You earn 1 point for every day you meet the 2005 Dietary Guidelines for Americans' recommendations for whole grain consumption.

#### **What are the recommendations?**

- **3 or more 1 ounce-equivalents** of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.

For examples go to the **Earn Nutrition Points Web page** (click the **Earn Points**, **Earn Nutrition Points** buttons on the left).

### **Goal Worksheet**

1. How many points per day do you expect to earn? \_\_\_\_\_ daily points  
(not to exceed 2)

2. Multiply daily points from step one by 7 days in the week

\_\_\_\_\_ daily points x 7 = \_\_\_\_\_ weekly points

*\*Note: You can only earn 10 points maximum per week*

3. Multiply weekly points from step two by 4 (the first 4 weeks of the Challenge)

\_\_\_\_\_ weekly points x 4 = \_\_\_\_\_ goal points  
(not to exceed 40)

4. Record your Live Well Challenge goal on the registration form

**Note:** Goal points are earned for reaching your goal during weeks 1-4 and 5-8.

Contact the Health Matters team:

[livewellchallenge@metrokc.gov](mailto:livewellchallenge@metrokc.gov)

**206-263-7333**